

YOUTH SPORTS



Youth Soccer

Do you enjoy flexibility and options of practice and game days, or the convenience of playing at one location? Then join us on our Bermuda grass fields at the award-winning Dixon Park as we kick off our spring soccer season. Registration begins January 13 for City residents and January 20 for Non-city residents. Deadline to register is February 12. Age determination date: May 15, 2009. Special registration form is required.

Novice	(6-7yrs)	1630.308
Rookie	(8-9yrs)	1640.309
Junior	(10-11yrs)	1650.310
Senior	(12-15yrs)	1660.312

9-Mar to 2-May Dixon Park Fields

\$25 City, \$50 Non-City Resident

\$20 Late fee after 2/12

Registration Begins: 1/13 City 1/20 Non-City

Deadline to Register: 2/12

☐ Special Registration form required.

Spring Tot Soccer

(Ages: 4 to 5yrs) Tot Soccer for 4- and 5-year-olds is one of our most popular programs. This is a chance for your child to learn the basic skills of soccer and have a great time. Emphasis is on learning and having fun! Don't be late for this exciting program! Age determination date is May 15, 2009. No age waivers allowed into Tot Soccer. Special registration form is required.

1610.314 Sa, 28-Mar to 25-Apr 1:30 - 2:30 PM Session 1

1610.316 Sa, 28-Mar to 25-Apr 2:45- 3:45 PM Session 2

1610.318 Sa, 28-Mar to 25-Apr 4:00- 5:00 PM Session 3

Dixon Park Fields

\$20 City, \$40 Non-City Resident

\$20 Late fee after 3/6

Registration Begins: 1/13 City 1/20 Non-City

Deadline to Register: 3/6

☐ Special Registration form required.



Dixon Park

Photo by Ray Gunnell

Youth Field Hockey

Field Hockey has quickly become one of the fastest-growing sports programs in the area. Grab your stick and sign up before it's too late. Do you enjoy flexibility and options of practice and game days, or the convenience of playing at one location? Then join us on our Bermuda grass fields at the award-winning Dixon Park as we kick off our spring field hockey season. Special registration form required.

Registration begins January 13 for City residents, and on January 20 for Non-City residents. The deadline to register is February 12. Special registration for required. The age determination date is May 15, 2009. No games April 13-17.

Rookie	(7 to 9 yrs)	1310.216
Junior	(10 to 11 yrs)	1320.215
Senior	(12 to 15 yrs)	1330.217

9-Mar to 2-May Dixon Park Fields

\$25 City, \$50 Non-City Resident

\$20 Late fee after 2/12

Registration Begins: 1/13 City 1/20 Non-City

Deadline to Register: 2/12

☐ Special Registration form required.

Spring Tot Field Hockey

(Ages: 5 to 6yrs) Join this program that will introduce your 5 and 6-year-old to Field Hockey and prepare them for our Field Hockey league. Register early to ensure your spot in this exciting program. The age determination date is May 15, 2009. No age waivers allowed in Tot Field Hockey. City registration begins on January 13, non-city registration begins on January 20. The deadline to register is March 6. Special registration form is required.

1340.215 Sa, 28-Mar to 25-Apr 1:00 PM - 2:00 PM
Dixon Park Fields

\$20 City, \$40 Non-City Resident

\$20 Late fee after 3/6

Registration Begins: 1/13 City 1/20 Non-City

Deadline to Register: 3/6

☐ Special Registration form required.

Dixon Park This outdoor facility is 46 acres and features athletic fields, outdoor swimming pool, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. Dixon Park is located on Rt. 2 & 17 across from Mayfield subdivision.

YOUTH SPORTS CONTINUED...

Youth Baseball

Do you have the next Ruth, Mays, Jeter or Clemons? Watch your children develop their talents through our exciting leagues. Each age division stresses skill development, sportsmanship, and friendly competition. City registration begins March 17, non-city on March 24. The registration deadline is April 16. The age determination date is August 1, 2009. Special registration form is required.

T-Ball	(6yrs)	1030.304
Coach Pitch	(7-8yrs)	1040.305
Rookie	(9-10yrs)	1050.306
Junior	(11-12yrs)	1060.305
Senior	(13-15yrs)	1070.305

18-May to 18-Jul 6:00 PM - 8:00 PM

Various City Fields

\$25 City, \$50 Non-City Resident

Registration Begins: 3/17 City 3/24 Non-City

Deadline to Register: 4/16

☐ Special Registration form required.

Birth Certificate (proof of age)

is required at the time of registration for youth sports and camps, unless one is already on file. A special registration form is required for each youth and tot sport. These forms are available in the Parks and Recreation office and on-line at www.fredericksburgva.gov

Field Hockey Referee Clinic

(Ages: 15 yrs to Adult)

High school students wanted! We will have certified VSHL referees that will be conducting the class. Learn the basic guidelines. There will be classroom time and on field instruction. Bring field shoes, whistle, pencil, paper & comfortable clothes.

1320.206 Fri, 27-Feb 6:00pm-8:30pm
Dorothy Hart Community Ctr/Dixon Park
\$15 City and Non-City Resident
Registration begins: 1/3 City and Non-City



Tot Baseball

Tot Baseball for 4 & 5 year old players is designed to introduce basic baseball skills in a fun and non-competitive environment. Don't miss this chance to teach your child America's favorite pastime. Age determination will be August 1, 2009. *City registration begins on March 17, Non-city on March 24. The registration deadline is May 21 or until the program fills. Special registration form is required. No Age Waivers or Medical Excuses will be honored in the Tot 4 program.

4 Year Olds 1010.410 10:00 AM or later

5 Year Olds 1010.411 11:15 AM or later

Sa, 6-Jun to 4-Jul

Walker Grant Baseball Field

\$20 City, \$40 Non-City Resident

Registration Begins: 3/17 City 3/24 Non-City

Deadline to Register: 5/21

☐ Special Registration form required.

Grand Slam Baseball Camp

(Ages: 8 to 15yrs) Get a pre-season edge on your opponent while on school break. Learn detailed skills from our excellent staff and enjoy your vacation playing ball. This program will get you set for our league beginning in May. Registration taken until March 13 or until the program is filled. Players need to bring a baseball cap, glove and water. Special registration form required. \$10 late fee after 3/13.

1080.309 13-Apr to 17-Apr 9:00 AM - 12:00 PM

Walker Grant Fields

\$30 City, \$50 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Deadline to Register: 3/13

☐ Special Registration form required.

FOR ALL SPORTS LEAGUES:

Department Policy States that special requests for team placements cannot be honored. This includes requests for carpooling, assignment with friends or particular coaches, etc.

YOUTH SPORTS CONTINUED...

Isshinryu Karate

(Ages: 8 to Adult) A super program for adults and children alike to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. Parents, you can take it with your kids — you'll both have fun! No class 1/19 & 2/16

Evening Karate

2530.201 M W, 12-Jan to 25-Feb 5:30 PM - 6:30 PM

2530.305 M W, 6-Apr to 13-May 5:30 PM - 6:30 PM

Saturday Karate

2530.203 Sa, 17-Jan to 21-Feb 10:00 AM - 12:00 PM

2530.314 Sa, 7-Mar to 11-Apr 10:00 AM - 12:00 PM

2530.313 Sa, 18-Apr to 30-May 10:00 AM - 12:00 PM

Community Center Instructor: Morton, Mike

\$35 City, \$45 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Junior Karate

(Ages: 5 to 7yrs) Our Junior Karate class is a great introduction into the world of martial arts for your child age 5-7. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited. No class Jan 19 or Feb. 16.

2520.201 M W, 12-Jan to 25-Feb 4:30 PM - 5:15 PM

2520.306 M W, 6-Apr to 13-May 4:30 PM - 5:15 PM

Community Center Instructor: Morton, Mike

\$35 City, \$45 Non-City Resident

Registration Begins: 1/6 City 1/13 Non-City

Tot Basketball

(Ages: 5 to 6 yrs)

This FUNdamental program teaches 5-6 year olds the basic skills of the game of basketball in a non-competitive environment. This 5-week program is designed to inspire each child's interest in the game, while having the opportunity to interact with other children the same age. A special registration form is required. No age waivers into Tot 5 basketball allowed. Age determination date is March 1, 2009. Deadline to register: Dec 19, 2008. \$20 late fee after December 19.

1110.203 Tot 5 years 4:00pm-5:00pm

1120.203 Tot 6 years 5:15pm-6:15pm

Sat, 10-Jan to 7-Feb

\$20 City, \$40 Non-City Resident, \$20 late fee after 12/20

Walker-Grant Middle School Gym

Registration has already begun.

Deadline to register: 12/20

Special registration form required.

Holiday Basketball Camp

(Ages: 8 to 15 yrs)

Get a pre-season edge on your opponent while on school break. Learn detailed skills from our excellent staff and enjoy your vacation learning hoops. This program will get you set for our league beginning in January. No age waivers. Birth certificate required at the time of registration, if not already on file. Special registration form required. Registration deadline; November 26, 2008. \$10 late fee after November 26.

1210.205 Mon-Wed, 29-Dec to 31-Dec 9:00am-12:00pm

\$25 City, \$40 Non-City Resident \$10 late fee after 11/26

James Monroe High School Gym

Registration has already begun.

Special registration form required.

Youth Basketball

(Ages: 7 to 15 years)

It takes more than skill to play great basketball. Teamwork is the key to success and something you will learn in our Youth Basketball League. Practices and games start in January and will take place at James Monroe High and new Walker Grant Middle schools. You can sign up for either a Monday or Wednesday practice, or Tuesday or Thursday practice, with games on Saturdays and Sundays. Age determination date will be March 1, 2009. Special registration form is required. Birth certificate required at registration, if not already on file. Deadline to register: November 27, 2008. \$20 late fee after November 27.

Novice	(7 to 8 yrs)	1130.205
Rookie	(9 to 10 yrs)	1140.205
Junior	(11 to 12 yrs)	1150.205
Senior	(13 to 15 yrs)	1160.205

5-Jan to 7-Mar

\$25 City, \$50 Non-City Resident, \$20 late fee after 11/27

Walker-Grant Middle School Gym

Registration has already begun

Special registration form required.

YOUTH SPORTS CONTINUED...

Pee Wee Tennis

(Ages: 4 to 6yrs) With little racquets and shorter nets, even the tiniest of hopefuls have a chance to succeed. This class is a wonderful introduction to a lifetime sport for your 4 - 6 year old. **MAKE UP DATES** ARE May 4 and 6. Proof of birth must be presented at registration.

1710.301 M W, 13-Apr to 29-Apr 5:00 PM - 5:50 PM
1710.307 M W, 11-May to 27-May 5:00 PM - 5:50 PM

Tennis Court #1 Instructor: Canizares, Art
\$35 City, \$45 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Youth Beginner Tennis

(Ages: 7 to 15yrs) This program is intended for the 7-15 year old player. We will use the USA 1*2*3 program to teach the beginner player the basic skills needed to start enjoying a wonderful lifetime sport. Make ups available May 4 & 6. Proof of birth must be presented at registration.

1730.301 M W, 13-Apr to 29-Apr 6:00 PM - 6:50 PM
Tennis Court #1 Instructor: Canizares, Art
\$35 City, \$45 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Youth Intermediate Tennis

(Ages: 7 to 15yrs) This program, intended for player 7-15 years of age, is a continuation of the Beginner Tennis program. Players will learn more strokes and strategy to help gain confidence on the court. Make ups available May 4 & 6. Proof of birth must be presented at registration.

1740.301 M W, 13-Apr to 29-Apr 7:00 PM - 7:50 PM
Tennis Court #1 Instructor: Canizares, Art
\$35 City, \$45 Non-City Resident
Registration Begins: 1/6 City 1/13 Non-City

Find

ADULT TENNIS CLASSES

on page 34

Fredericksburg Parks & Recreation Department Volunteer Coaches Information

Department's mission: The mission of the Fredericksburg Parks & Recreation Department is to enhance the lives of our citizens by providing a diverse package of recreation and park opportunities.

The sports staff at Fredericksburg Parks & Recreation have gone to great strides in preparing for the upcoming season. Teams have been selected to promote equity, fairness, and convenience based on information gathered from registration forms and placement procedures set forth by the Recreation Commission. We pride ourselves on our program, and our coaches and parents speak volumes to our success.

Sportsmanship is the foundation for which we base our operations. We expect our children, parents, coaches, and officials to behave appropriately and represent the department and the sport well.

Coach Responsibilities:

- Kids want to play and play a lot. Create equal playtime for all of your players.
- Teach good sportsmanship.
- Commit to practices and games. Communicate the league schedule to your parents.
- Focus on team play, not individual ability.
- Help your team be in good physical condition.
- Learn the rules of the game; enforce these rules with all your players and parents and ensure they abide by these rules. Safety of each child is your first priority.
- Help your players believe in themselves and HAVE FUN!

Coaches Code of Conduct – “Making a Difference”

- I will be responsible for all the players on my team and make sure safety of each one is first priority.
- I will demonstrate good sportsmanship and lead by example during all practices and games.
- I will treat all players, parents, coaches & officials with respect.
- I will teach all players the skills of the game & the values of teamwork.
- I will see that all players on my team play regardless of skill level.
- I will provide only encouragement and positive direction to players during practices and games.
- I will learn and relearn the rules and communicate these to all players and parents.
- I will communicate with the parents on my team the league rules, practice, and game schedules.
- I will respect all facilities & equipment available to me/ my team.
- I will refrain from the use of drugs, tobacco, alcohol, & abusive language at and during all practices, games and sports events.

A BIG YOUTH SPORTS THANK YOU to...

OUR WONDERFUL COACHES!

Amy Anderson
Angi Toro
Barry Gohrband
Brian Baker
Bruce Morris
Bruce Thompson
Bryan Staggs
Butch Dreany
Carlos Buron
Charlie Sharpless
Chip Lee
Chip Pindell
Chris Foss
Chris Hall
Chris Lipinski
Chris Stoots
Chris White
Cliff Ellis
Damian Cobey
Dave Kolar
Dave Wolfe

David Wright
Donnie Seal
Eric Menke
Eric Peterson
Eric Stohr
Frankie Leake
Gerald Abel
George Foster
George Snead
Gerry Madigan
Glen Burton
Greg Allison
Greg Kasper
J.C. Allen
Jake Dziekowski
James Diaz
James Phillips
Jamie & Chris Tierney
Jeff Bartlett
Jeff Davis
Jill Samuels

Jimmy Lam
Jimmy Mercer
Joe Herndon
Joe Janney
Joe Merenda
Joey & Ann Marie
Mastin
John Leahy
John Mora
Johnathan Kenney
Katherine Allen
Keith Workman
Kelly Hicks
Kevin Halpin
Leslie Leahy
Lisa Reinhart
Mark Haus
Mark Hebertson
Mark Pearson
Marty Peters
Matt Denson

Michael Neloms
Mike Lott
Mike Pinette
Mike Wellman
Nicole Proffitt
Pam Black
Patty Hoffman
Paul Morgan
Phil Fitzhugh
RC Stevens
Regina Baker
Richmond McDaniel
Rob Landeck
Roger Brown
Sarah Brady
Scott Erwin
Scott Mayawsky
Steve Schattgen
Terry Carden
Tim Bahre
Tim Hall

Tim Powers
Tom Conway
Tom Conway
Tom Moger
Tom Sherman
Walter Hoffman
Wendy Horner
Will Jones
Willa Hubert
William Saraceno
Wilson Greenlaw

THANK YOU!

OUR INCREDIBLE SPONSORS

American Family Fitness
Bowers Family Chiropractic
C & F Mortgage Co.
C&T Produce, Farm Fresh Fruits & Vegetables
Coldwell Banker Commercial
Crown Homes
CSL Soccer League
Dairy Queen
Dominos
Fredericksburg Fieldhouse
Fredericksburg Implant & Oral Surgery Associates
Fredericksburg Lodge No. 4
Fredericksburg Youth Football Boosters Club
Gunfigher of VA - Law Enforcement Motorcycle Club
Hildrup Properties Inc
Horner Computer Solutions
Johnson Commercial
JON Properties
Kellogg's
Kenmore Cleaners

L&J Copier Clinic
Lifetouch Photography
Lighthouse Consulting Group, Inc
Mercer Vault
Nicholls Auction
NTB
Perfect Ten Nails
P Madison & Co.
Papa Johns Pizza
Pathology Associates of Fredericksburg
Philip King - Suntrust
Premier Physical Therapy
Primavera
Quiznos
Roma's Italian Pizza & Grill
Rosner Toyota
SGIS
Sunken Well Tavern
Suntiva
Suzy Stone Century 21

Tarntip - Thai Cuisine
Teresa Buelow & Jeff Davis
That Yo-Yo Guy
The Pub
Therma-Tru Door
Uniroyal
United Home Security, Inc.
Wholesale Outlet



COACHES! TEAM SPONSORS! WE NEED YOU!

Call Janet LaFleur at (540) 372-1086 ext. 204 for more information
on how to coach a team or sponsor a team today!

YOUTH SPORTS CONTINUED...

Special Congratulations to our Award Winners from the 2008 Volunteer Recognition Banquet.

Hall of Fame Inductee
Clifford L. Ellis

Contributor of the Year
The Sunshine Lady Foundation, Inc.

Sports Volunteer of the Year
Thomas Sherman

New Volunteer Coach of the Year
Garry Johns

Alvin Staples Leisure Volunteer of the Year
Christine Green

Special Support Award
Lowe's "Heroes" Program
Lowe's of Fredericksburg - Quikrete - Valspar

Meritorious Service Awards
Gerald Abel - Megan Dougherty - Jake Dziekowicz -
Friends of Alum Spring Park - Scott Mellott - Andy Morris
- Michael Rudzinsky - Jill Samuels - Kelly Sands -
Tory Willis - Cardinal Press - County of Spotsylvania -
County of Stafford - Fredericksburg Youth Football
Booster's Club - Lowe's of Fredericksburg #476 -
Simply Web Services

Distinguished Meritorious Service Awards
Fredericksburg Police Department - Rappahannock
Regional Jail - Luck Stone Corporation - Bottom Dollar
Food - Cox Communications - Star Radio Group -
Wawa

Excellence in Service Awards
Wayne Washington

Recreation Commission Award
Kellogg's

Golden Partnership Award
The Sunshine Lady Foundation, Inc.

2009 Rappahannock Regional Soap Box Derby

Race Date: Saturday, June 13, 2009
Racer Registration begins: January 14th
(540) 372-1086
Visit www.fredericksburgva.gov

Volunteers Needed!

**Do you like
giving back?
working with kids?
sharing your skills?
to help make a difference?
having fun?**

**If so, join us as a volunteer! Volunteer
for an hour, a day, or a lifetime!
Volunteers are always needed in the
following areas:**

Special Events

First Night • Soap Box Derby • Childrens' Art Expo
and more!

Sports Coaches

Administrative Assistance

Camp Aids & Instructors

Sports Camps • Arts Camps • Childrens' Camps

**For more information, please call
(540) 372-1086
or e-mail us at
fredprpf@fredericksburgva.gov**

2009-2010 YOUTH SPORTS CALENDAR

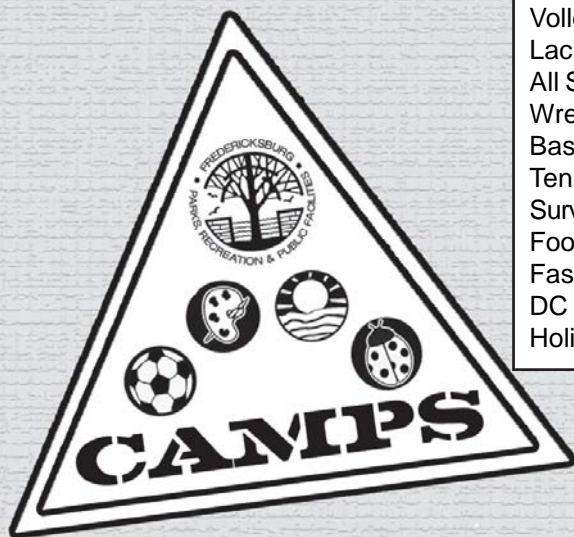
SPORTS LEAGUES AND TOT PROGRAMS



SPORT	REGISTRATION	SEASON	EXTENDED SEASON
Basketball 2009	10/28 – 11/27/08	1/5 – 3/1/09	3/2 – 3/15/09
Tot Basketball 2009	10/28 – 12/28/08	1/10 – 2/7/09	2/14 – 2/21/09
Spring Soccer	1/13 – 2/12/09	3/9 – 5/2/09	5/3 – 5/16/09
Spring Tot Soccer	1/13 – 3/6/09	3/28 – 4/25/09	5/2 – 5/9/09
Spring Field Hockey	1/13 – 2/12/09	3/9 – 5/2/09	5/3 – 5/16/09
Spring Tot Field Hockey	1/13 – 3/6/09	3/28 – 4/25/09	5/2 – 5/9/09
Baseball	3/17 – 4/16/09	5/18 – 7/19/09	7/20 – 8/1/09
Tot Baseball	3/17 – 5/21/09	6/13 – 7/11/09	7/18 – 7/25/09
Youth Football	6/9 – 7/9/09	8/3 – 11/7/09	11/9 – 11/21/09
Youth Flag Football	6/23 – 8/13/09	9/12 – 10/10/09	10/17 – 10/24/09
Fall Soccer	6/23 – 7/23/09	8/17 – 10/10/09	10/11 – 10/24/09
Fall Tot Soccer	6/23 – 8/13/09	9/12 – 10/10/09	10/17 – 10/24/09
Fall Field Hockey	6/23 – 7/23/09	8/17 – 10/10/09	10/11 – 10/24/09
Fall Tot Field Hockey	6/23 – 8/13/09	9/12 – 10/10/09	10/17 – 10/24/09
Basketball 2010	10/27 – 11/26/09	1/4/10 – 3/6/10	3/7/10 – 3/21/10
Tot Basketball 2010	10/27 – 12/17/09	1/9/10 – 2/6/10	2/13/10 – 2/20/10

2009 CAMP SCHEDULE

SPORT	REGISTRATION	CAMP
Baseball Camp	2/10 – 3/10/09	4/13 – 4/17/09
Pitching Clinic	2/10 – 3/10/09	4/17/09
Hook A Kid on Golf	2/10 – 5/5/09	6/15 – 6/19/09
Tennis Camp Sess. I	4/14 – 6/2/09	6/15 – 7/3/09
Soccer Camp	4/14 – 6/2/09	6/22 – 6/26/09
Goal Keeper Clininc	4/14 – 6/2/09	6/26/09
Field Hockey Camp	4/14 – 6/2/09	6/22 – 6/26/09
Volleyball Camp	4/14 – 6/2/09	6/22 – 6/26/09
Lacrosse Camp	4/14 – 6/9/09	6/29 – 7/2/09
All Sport Camp	4/14 – 6/16/09	7/6 – 7/10/09
Wrestling Camp	4/14 – 6/16/09	7/6 – 7/10/09
Basketball Camp	4/14 – 6/23/09	7/13 – 7/17/09
Tennis Camp Sess. II	4/14 – 6/23/09	7/13 – 7/31/09
Survivor Camp	4/14 – 6/23/09	7/20 – 7/24/09
Football Camp	4/14 – 6/23/09	7/20 – 7/24/09
Fastpitch Softball Camp	4/14 – 6/23/09	7/20 – 7/24/09
DC United Camp	4/14 – 7/14/09	7/27 – 7/31/09
Holiday Basketball Camp	10/27 – 11/24/09	12/28 – 12/30/09



WANT TO WORK AT A CAMP?
SEE INFO ON PAGE 33

**All dates subject to change*